



**Wydarzenie:** XIV Bieg Morskiego Komandosa  
**Organizator:** OCR Events  
**Data:** 2023-08-26  
**Miejsce:** Gdynia  
**Dystans:** 22 km

## BMK 2023 - HARD 22KM

B4SPORT

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INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Hard Hist - M

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	7km	14km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
1	CHOMICZ Krzysztof	A030		Hard Hist - M	1			03:42:21.90		10:06	5.9 (100%)
2	KANIA Mateusz	A021	MATEUSZ KANIA - TERAPIA RUCHEM	Hard Hist - M	2			03:47:17.55	+00:04:55 (2.2%)	10:19	5.8 (98.3%)
3	HOŁYŃSKI Leszek	A037	SFORA BMK	Hard Hist - M	3			03:51:36.45	+00:09:14 (4.0%)	10:31	5.7 (96.6%)
4	GŁOWACKI Adrian	A058	JW METAMORFOZA	Hard Hist - M	4			04:02:31.45	+00:20:09 (8.3%)	11:01	5.4 (91.5%)
5	ŚWIERCZEWSKI Marcin	A007	5 MBOT / SFORA BMK	Hard Hist - M	5			04:06:31.45	+00:24:09 (9.8%)	11:12	5.4 (91.5%)
6	LICHTOR Jacek	A049		Hard Hist - M	6			04:08:58.80	+00:26:36 (10.7%)	11:19	5.3 (89.8%)
7	STEFANOWSKI Daniel	A065		Hard Hist - M	7			04:13:19.25	+00:30:57 (12.2%)	11:30	5.2 (88.1%)
8	NOWAK Rafał	A063	SFORA BMK	Hard Hist - M	8			04:21:08.55	+00:38:46 (14.8%)	11:52	5.1 (86.4%)
9	HADRIAN Roman	A023	ZK SIERADZ	Hard Hist - M	9			04:25:32.00	+00:43:10 (16.3%)	12:04	5 (84.7%)
10	SZYMANEK Krzysztof	A061	KP PSP ŚWIDWIN	Hard Hist - M	10			04:29:13.10	+00:46:51 (17.4%)	12:14	4.9 (83.1%)
11	ZALIŃSKI Leszek	A064		Hard Hist - M	11			04:30:02.30	+00:47:40 (17.7%)	12:16	4.9 (83.1%)
12	MALACH Dariusz	A029	SFORA BMK	Hard Hist - M	12			04:36:10.05	+00:53:48 (19.5%)	12:33	4.8 (81.4%)
13	OLSZOWY Filip	A055		Hard Hist - M	13			04:42:51.95	+01:00:30 (21.4%)	12:51	4.7 (79.7%)
14	OPOKA Piotr	A039	SFORA BMK	Hard Hist - M	14			04:50:21.55	+01:07:59 (23.4%)	13:11	4.5 (76.3%)
15	FORTUNIAK Patryk	A031	CHORE POJEBY	Hard Hist - M	15			04:51:08.80	+01:08:46 (23.6%)	13:14	4.5 (76.3%)
16	RAK Michał	A032	CHOREPOJEBY	Hard Hist - M	16			04:51:31.85	+01:09:09 (23.7%)	13:15	4.5 (76.3%)
17	CZELUŚNIAK Filip	A034		Hard Hist - M	17			04:51:45.05	+01:09:23 (23.8%)	13:15	4.5 (76.3%)
18	ŚLEDŹ Kacper	A060	21. BLT ŚWIDWIN	Hard Hist - M	18			04:56:40.50	+01:14:18 (25.0%)	13:29	4.4 (74.6%)
19	GŁOWACKI Andrzej	A022	MŁODY VS STARY	Hard Hist - M	19			04:59:59.75	+01:17:37 (25.9%)	13:38	4.4 (74.6%)
20	MIROTA Rafał	A026	MAZURSKA WATAHA	Hard Hist - M	20			05:01:25.80	+01:19:03 (26.2%)	13:42	4.4 (74.6%)
21	KAVETSKI Ihar	A011	SFORA BMK	Hard Hist - M	21			05:02:34.00	+01:20:12 (26.5%)	13:45	4.4 (74.6%)
22	DOLEWSKI Karol	A018		Hard Hist - M	22			05:05:37.40	+01:23:15 (27.2%)	13:53	4.3 (72.9%)
23	DOLEWSKI Konrad	A017		Hard Hist - M	23			05:05:40.60	+01:23:18 (27.3%)	13:53	4.3 (72.9%)
24	ŁASKAWSKI Michał	A001	BEFIT24TEAM	Hard Hist - M	24			05:20:19.45	+01:37:57 (30.6%)	14:33	4.1 (69.5%)
25	SŁOMSKI Cyprian	A066	7PBOT	Hard Hist - M	25	03:29:17		05:40:00.25	+01:57:38 (34.6%)	15:27	3.9 (66.1%)
26	STRONGOWSKI Sebastian	A051		Hard Hist - M	26	03:28:54		05:40:09.05	+01:57:47 (34.6%)	15:27	3.9 (66.1%)
27	KOSTRZON Maciej	A013	SFORA BMK	Hard Hist - M	27	03:48:08		05:45:35.95	+02:03:14 (35.7%)	15:42	3.8 (64.4%)
28	ŁADA Jarosław	A015	DEFENDER BARCZEWO	Hard Hist - M	28	03:42:37		05:50:10.10	+02:07:48 (36.5%)	15:55	3.8 (64.4%)
29	SOWA Dawid	A020	DEFENDER BARCZEWO	Hard Hist - M	29	03:42:54		05:50:15.55	+02:07:53 (36.5%)	15:55	3.8 (64.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	7km	14km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
30	<b>DUBIELECKI Adam</b>	<b>A025</b>	DEFENDER GARCZEWO	Hard Hist - M	30	03:43:01		<b>05:50:15.75</b>	+02:07:53 (36.5%)	15:55	3.8 (64.4%)
31	<b>AFTEWICZ Adrian</b>	<b>A016</b>	DEFENDER BARCZEWO	Hard Hist - M	31	03:43:18		<b>05:50:21.50</b>	+02:07:59 (36.5%)	15:55	3.8 (64.4%)
32	<b>WIĘCEK Daniel</b>	<b>A027</b>	DEFENDER BARCZEWO	Hard Hist - M	32	03:42:57		<b>05:50:23.65</b>	+02:08:01 (36.5%)	15:55	3.8 (64.4%)
33	<b>TOMCZAK Artur</b>	<b>A009</b>	12WBOT/SFORA BMK	Hard Hist - M	33	03:47:55		<b>05:56:50.80</b>	+02:14:28 (37.7%)	16:13	3.7 (62.7%)
34	<b>MALISZEWSKI Jakub</b>	<b>A014</b>		Hard Hist - M	34	03:55:46		<b>05:57:28.70</b>	+02:15:06 (37.8%)	16:14	3.7 (62.7%)
35	<b>KAJA Robert</b>	<b>A047</b>	WIELUŃ BIEGA	Hard Hist - M	35	03:56:38		<b>05:58:37.35</b>	+02:16:15 (38.0%)	16:18	3.7 (62.7%)
36	<b>WIELGOSIŃSKI Przemysław</b>	<b>A044</b>		Hard Hist - M	36	03:56:46		<b>05:59:47.10</b>	+02:17:25 (38.2%)	16:21	3.7 (62.7%)
37	<b>KOMAR Tomasz</b>	<b>A046</b>	NA PRZYPALE ALBO WCALE!!!	Hard Hist - M	37	03:55:30		<b>06:00:42.45</b>	+02:18:20 (38.4%)	16:23	3.7 (62.7%)
38	<b>BIAŁY Michał</b>	<b>A041</b>		Hard Hist - M	38	03:56:39		<b>06:03:30.00</b>	+02:21:08 (38.8%)	16:31	3.6 (61.0%)
39	<b>KALENDA Grzegorz</b>	<b>A056</b>	MERCHANT HOUSE	Hard Hist - M	39	03:56:36		<b>06:03:30.15</b>	+02:21:08 (38.8%)	16:31	3.6 (61.0%)
40	<b>KONKOLEWSKI Krystian</b>	<b>A040</b>		Hard Hist - M	40	03:58:32		<b>06:03:43.30</b>	+02:21:21 (38.9%)	16:31	3.6 (61.0%)
41	<b>ORZECZOWSKI Tomasz</b>	<b>A038</b>	SPORTMANIA	Hard Hist - M	41	03:58:23		<b>06:03:45.40</b>	+02:21:23 (38.9%)	16:32	3.6 (61.0%)
42	<b>DOMIAN Arkadiusz</b>	<b>A057</b>		Hard Hist - M	42	04:01:04		<b>06:20:41.50</b>	+02:38:19 (41.6%)	17:18	3.5 (59.3%)
43	<b>SITKOWSKI Tomasz</b>	<b>A002</b>		Hard Hist - M	43	03:56:32		<b>06:21:50.95</b>	+02:39:29 (41.8%)	17:21	3.5 (59.3%)
44	<b>MATYSIAK Sławomir</b>	<b>A048</b>	DZIKI SPECJALNEJ TROSKI	Hard Hist - M	44	04:06:07		<b>06:26:08.15</b>	+02:43:46 (42.4%)	17:33	3.4 (57.6%)
45	<b>ANDRZEJEWSKI Mariusz</b>	<b>A035</b>		Hard Hist - M	45	04:20:35		<b>06:26:16.15</b>	+02:43:54 (42.4%)	17:33	3.4 (57.6%)
46	<b>FLESZER Natan</b>	<b>A028</b>	SFORA BMK	Hard Hist - M	46	04:08:34		<b>06:39:43.35</b>	+02:57:21 (44.4%)	18:10	3.3 (55.9%)
47	<b>CYBAL Maciej</b>	<b>A062</b>		Hard Hist - M	47	03:58:42		<b>06:44:13.00</b>	+03:01:51 (45.0%)	18:22	3.3 (55.9%)
48	<b>CHLEBOŚ Jakub</b>	<b>A059</b>	1 BATALION KAWALERII POWIETRZNEJ	Hard Hist - M	48	04:20:42		<b>07:06:24.80</b>	+03:24:02 (47.9%)	19:22	3.1 (52.5%)
49	<b>KRAWCZYK Marcin</b>	<b>A024</b>		Hard Hist - M	49	04:20:26		<b>07:06:34.75</b>	+03:24:12 (47.9%)	19:23	3.1 (52.5%)
50	<b>KOSIŃSKI Kacper</b>	<b>A050</b>		Hard Hist - M	50	04:30:06		<b>07:24:07.55</b>	+03:41:45 (49.9%)	20:11	3 (50.8%)
51	<b>BUGAJSKI Jakub</b>	<b>A043</b>		Hard Hist - M	51						(0.0%)

Znaleziono 51 wynik(ów)